



Unit

1

**Healthy
Lifestyle**



Part One Reading

Passage A Holidays Are Good for Health

Whether we're relaxing on a beach or breathing in fresh air at the top of a snow-covered mountain, there's no doubt that holidays are great for our overall well-being. But what are the top benefits of taking a well-deserved break? And how can going on holiday really improve mental and physical health?

Taking a holiday helps prevent burnout by enabling us to **switch off** and take a break from the pressures of everyday life. Extra hours do not necessarily lead to higher productivity. Instead, time away from our usual environment allows us to return with greater energy and more insights relevant to work. A study by the *Harvard Business Review* in 2016 found that those who took 11 or more days off a year were almost twice as likely to get a raise or a bonus as those who took ten days off or fewer. This increase in creativity and energy is not just good to work but also to our overall health and happiness.

In addition to the improved working efficiency, taking a break from daily life can have significant benefits for both mental and physical health. For example, going away to sunny and warm climates during holidays can improve levels of vitamin D, which is important for bone health, immunity and mood regulation. For those who experience seasonal affective disorder (SAD), this can make a huge difference. Close contact with sunlight can help with signs of illnesses like always feeling sad that are connected with the dark winter months. Furthermore, exposure to natural light during holidays contributes to better sleep. A study of office workers revealed that

the more natural light exposure they received, the better sleep they experienced. Researchers also found that good sleep was directly related to improved immune function. Therefore, these relaxing moments may impact immune health and strengthen the body's defenses against illnesses.

So, that leisure time spent on the beach isn't just a break—it's an investment in your own personal well-being. Now you know exactly why holidays are so important, where will you be heading on your next adventure?

【 347 words 】

New Words

breathe	/bri:ð/	v.	呼吸
overall	/,əʊvər'ɔ:l/	adj.	整体的; 总的
well-being	/,wel'bi:ɪŋ/	n.	健康; 幸福
well-deserved	/,wel dɪ'zɜ:vɪd/	adj.	当之无愧的; 应得的
mental	/'mentl/	adj.	精神的, 思想的
physical	/'fɪzɪkl/	adj.	身体的; 物理的
prevent	/'prɪ'vent/	v.	防止, 阻止
burnout	/'bɜ:naʊt/	n.	(过劳或紧张导致的) 精疲力竭, 精神崩溃
switch	/swɪtʃ/	v.	转移(注意力); 转变
pressure	/'preʃə(r)/	n.	压力
necessarily	/'nesə'serəli/	adv.	必要地, 必然
productivity	/'prɒdʌk'tɪvəti/	n.	生产力
insight	/'ɪnsaɪt/	n.	了解; 洞察力
raise	/reɪz/	n.	加薪
bonus	/'bəʊnəs/	n.	奖金, 红利
creativity	/'kri:etɪvəti/	n.	创造性, 独创性
efficiency	/'ɪfɪjnsi/	n.	效率
significant	/'sɪɡnɪfɪkənt/	adj.	重大的; 显著的
vitamin	/'vɪtəmiːn/	n.	维生素, 维他命
immunity	/'ɪmjʊ:nəti/	n.	免疫力
mood	/mu:d/	n.	心境, 情绪
regulation	/'regju'leɪʃn/	n.	管理; 控制
affective	/ə'fektɪv/	adj.	情感的, 表达感情的
disorder	/dɪs'ɔ:də(r)/	n.	混乱, 杂乱
contact	/'kɒntækt/	n.	接触; 联系
furthermore	/'fɜ:ðə'mɔ:(r)/	adv.	此外, 而且

exposure	/ɪk'spəʊʒə(r)/	<i>n.</i>	接触; 暴露
contribute	/kən'trɪbjʊ:t/	<i>v.</i>	促成; 是……的原因
reveal	/rɪ'vi:l/	<i>v.</i>	表明, 显示
immune	/ɪ'mju:n/	<i>adj.</i>	免疫的; 不受影响的
impact	/'ɪmpækt/	<i>v.</i>	对……产生影响
strengthen	/'streŋkθn/	<i>v.</i>	加强, 巩固
defense	/dɪ'fens/	<i>n.</i>	防御, 保卫
investment	/ɪn'vestmənt/	<i>n.</i>	(时间、精力的) 投入
adventure	/əd'ventʃə(r)/	<i>n.</i>	冒险 (经历), 奇遇

Phrases & Expressions

breathe in	吸入, 深呼吸
at the top of	在顶部
switch off	不再注意; 不再担忧
take a break	暂停, 休息一下
be relevant to	有关的, 相应的
in addition to	除了……之外
seasonal affective disorder	季节性情绪失调
make a difference	产生影响; 引起变化
be connected with	与……有关联
contribute to	有助于, 促成
be related to	与……有关

Proper Name

Harvard Business Review

《哈佛商业评论》

Notes

- Whether we're relaxing on a beach or breathing in fresh air at the top of a snow-covered mountain, there's no doubt that holidays are great for our overall well-being.

无论我们是在海滩上放松, 还是在雪山之巅呼吸新鲜空气, 毫无疑问, 假期对我们的身心健康大有裨益。

本句中 whether...or...引导让步状语从句。主句的主干为: “There is no doubt that...”, 意为 “毫无疑问……”, 其中从属连词 that 引导同位语从句。例如:

1) There's no doubt that we can have a successful cooperation.
毫无疑问，我们可以成功合作。

2) There's no doubt that you need glasses.
毫无疑问，你需要眼镜。

短语 whether...or...引导让步状语从句，表示“无论是……，还是……”。例如：

1) I'll marry him whether he is poor or rich.
无论他是贫穷还是富有，我都要嫁给他。

2) Whether you believe it or not, it's true.
无论你是否相信，这都是真的。

2. Taking a holiday helps prevent burnout by enabling us to switch off and take a break from the pressures of everyday life.

度假有助于防止倦怠，使我们能够放松身心，暂时摆脱日常生活的压力。

本句的主干为：“Taking a holiday helps prevent burnout.”。介词短语 by enabling...在句中为方式状语，表示“通过，靠……”。例如：

1) Carter lives in a small village and makes a living by teaching the kids painting.
卡特住在一个小村庄，靠教孩子们画画谋生。

2) Don't upset yourself by thinking about such a thing too much.
不要为这样的事情想太多而自寻烦恼。

动词短语 switch off 在本句中意为“不再注意；不再担忧”，此外，该词组还有“关闭开关”的意思。例如：

1) Thankfully, I've learned to switch off and let it go over my head.
谢天谢地，我已经学会了不再烦恼，把它抛到脑后。

2) She switched off the coffee machine.
她关掉了咖啡机。

3. A study by the Harvard Business Review in 2016 found that those who took 11 or more days off a year were almost twice as likely to get a raise or a bonus as those who took ten days off or fewer.

《哈佛商业评论》2016 年的一项研究发现，一年休假 11 天或更长时间的员工与那些一年只休 10 天或更少的员工相比，前者加薪或得到奖金的数额几乎是后者的两倍。

本句的主干为：“A study found that...”。

关系词 that 引导宾语从句，其中，twice as...as...是比较结构，almost twice 表示倍数；as likely to get a raise or a bonus 是比较的内容；比较对象为：those who took 11 or more days off a year 和 those who took ten days off or fewer。

表示倍数比较的结构通常为：“倍数 + as + adj./adv. + as”。例如：

1) The bridge is four times as long as that one.
这座桥是那座桥的四倍长。

2) The plane flew ten times as high as the kite.
飞机飞行的高度是风筝的 10 倍。

4. For example, going away to sunny and warm climates during holidays can improve levels of vitamin D, which is important for bone health, immunity and mood regulation.

例如，在阳光明媚和气候温暖的地区度假可以提高维生素 D 的水平，而维生素 D 对骨骼健康、免疫力和情绪调节都非常重要。

本句的主干为：“Going away to...can improve levels of vitamin D.”。其中，动名词短语 going away to sunny and warm climates during holidays 作主语，关系代词 which 引导的非限制性定语从句修饰先行词 Vitamin D，which 在定语从句中作主语。

- Furthermore, exposure to natural light during holidays contributes to better sleep.

此外，假期中接触自然光有助于改善睡眠。

名词 exposure 经常与介词 to 搭配，意为“暴露于；接触”。例如：

- 1) Exposure to different cultures can encourage creativity.

接触不同的文化可以激发创造力。

- 2) Continuous exposure to big sound could be harmful.

持续暴露于巨大的噪声中是有害的。

动词短语 contribute to 意为“有助于，促成”。例如：

- 1) I believe that each of us can contribute to the future of the world.

我相信我们每一个人都能为世界的未来做出贡献。

- 2) 3D food printing could probably contribute to the solution.

3D 食物打印技术可能有助于解决这个问题。

Reading Comprehension

I. Choose an appropriate answer to each of the following questions or unfinished statements.

1. This passage may be selected from a _____.
A. sports newspaper
B. doctor's letter
C. health website
D. story book
2. The phrase "switch off" in Paragraph 2 is closest in meaning to _____.
A. pay no attention to holidays
B. turn off the light
C. contribute to work
D. get away from pressure
3. Which of the following is NOT the benefit that holidays can bring to work?
A. Reducing work pressure.
B. Directly increasing productivity.

- C. Encouraging creativity. D. Improving efficiency.
4. By going away to sunny and warmer climates, we can NOT _____.
 A. lower signs of seasonal affective disorder
 B. improve sleep quality
 C. strengthen our immune system
 D. reduce levels of vitamin D
5. What will the author probably talk about in the next paragraph?
 A. Disadvantages of taking a holiday.
 B. Suggested places of taking a holiday.
 C. Mental benefits of taking a holiday.
 D. Physical benefits of taking a holiday.

II. Complete the outline of the text with the choices in the box.



- | | |
|--------------------------|------------------|
| A) physical | B) relevant to |
| C) productivity | D) contribute to |
| E) a welcome break | F) more relaxed |
| G) an investment | H) immune |
| I) make a big difference | J) exposure |

Para. 1: Going on holidays is undoubtedly 1) _____ from work. It really helps to improve your mental and 2) _____ health.

Para. 2: Having a break from our daily routine can make us feel 3) _____ and may help improve our 4) _____ at work. After holidays, we may return with greater energy and more insights 5) _____ work.

Para. 3: Taking a break from our daily life can also 6) _____ our physical and mental well-being. For example, sunny and warm climates can 7) _____ for those experiencing seasonal affective disorder. Moreover, 8) _____ to sunlight can improve our sleep quality, related to our 9) _____ system.

Para. 4: So the pastime spent on the beach is more than just a break—it's 10) _____ in your own personal well-being.

Words and Phrases

III. Choose the best answer to complete each sentence.

1. One of the _____ of the new model is that it is easier to operate than the old one. 【改编自 2003 年 4 月】

A. benefits B. breaks C. signs D. contacts

【知识点】 But what are the top benefits of taking a well-deserved break?

2. The patient's recovery was very encouraging as he could _____ get out of bed without help. 【2010 年 11 月】

A. only B. almost C. merely D. hardly

【知识点】 ...those who took 11 or more days off a year were almost twice as likely to get a raise...

3. Health problems are closely _____ with bad eating habits and a lack of exercise. 【改编自 2009 年 11 月】

A. contributed B. created C. connected D. contacted

【知识点】 ...signs of illnesses like always feeling sad that are connected with the dark winter months.

4. _____ Japanese, she has to study another foreign language. 【2006 年 4 月】

A. Except B. Except for C. In addition to D. Beside

【知识点】 In addition to the improved working efficiency, taking a break from daily life can have significant benefits...

5. For the sake of her daughter's health, she decided to move to a warm _____. 【2008 年 11 月】

A. climate B. temperature C. season D. weather

【知识点】 ...going away to sunny and warm climates during holidays can improve levels of vitamin D...

6. The boss doesn't want to talk about the accident; now he is in no _____ to do so. 【2011 年 11 月】

A. feeling B. attitude C. emotion D. mood

【知识点】 ...which is important for bone health, immunity and mood regulation.

7. In our daily life, everyone fails every now and then. It is how you react that makes a _____. 【2009 年 11 月】

A. development B. difference C. progress D. point

【知识点】 For those who experience seasonal affective disorder (SAD), this can make a huge difference.

8. A club is a place to make frequent _____ with friends. 【2010 年 11 月】

A. accounts B. attempts C. contents D. contacts

【知识点】 Close contact with sunlight can help with signs of illnesses...

9. As is well known, eating too much fat can _____ heart disease and cause high blood pressure. 【2010 年 10 月】

A. add to B. attend to C. contribute to D. apply to

【知识点】 ...exposure to natural light during holidays contributes to better sleep.

10. The letter which I _____ yesterday was from a friend of mine. 【改编自 2024 年 5 月】

A. adopted B. accepted C. received D. revealed

【知识点】 ...the more natural light exposure they received, the better sleep they experienced.

IV. Complete the sentences with the words given in their proper forms.

1. At last we could _____ and listen to music. (relaxation)
2. This skill will _____ you to find a good job. (able)
3. You need to be able to handle _____ in this job. (press)
4. Autumn brought a mild and _____ day to the city. (sun)
5. The exercises are designed to _____ your stomach muscles. (strength)
6. He finally broke down due to a lot of _____ problems. (mentally)
7. The company has done a lot to improve work _____. (efficient)
8. She is suffering from a serious _____. (ill)
9. The book is based on _____ experience. (person)
10. Anyone can develop an eating _____, but young women are more prone to it. (order)

Passage

B

Poor Sleep May Lead to Too Much Stored Fat and Disease



Is that 6 a.m. workout getting in the way of good sleep? Don't think your fat cells won't notice. A new study published in *The Annals of Internal Medicine* (a medical journal) finds that inadequate shut-eye has a harmful effect on fat cells, reducing

their ability to respond to insulin by about 30 percent. Over the long term, this decreased response could set the stage for type-2 diabetes (a medical condition in which someone has too much sugar in his or her blood), fatty liver disease and weight gain.

The study adds to a growing body of evidence that there's "an intimate relationship between the amount of sleep we get and our ability to maintain a good, healthy body weight," says sleep expert Helene Emsellem, director of the Center for Sleep and Wake Disorders in Chevy Chase, Maryland. But Americans don't seem to be getting the message that we need seven to nine hours per night. More than 1 in 5 of us, according to a report from the Centers for Disease Control and Prevention, is getting six or fewer hours of sleep per night, on average.

So how did researchers study fat cells in the *Annals* paper? Matthew Brady of the University of Chicago and a group of colleagues selected and persuaded seven volunteers to take part in the research project. They were all young, thin and healthy and agreed to sleep for eight nights in a sleep lab. "For four nights they were allowed to stay in bed for 8.5 hours a night," says Brady. Then, a month later, they came back for four additional nights—but this time they were allowed just 4.5 hours of sleep per night. And after each visit, researchers got a sample of their fat. Brady explains that the fat cells responded significantly to the loss of sleep. "I was very surprised to be honest," he says.

Bad things can happen when fat cells become less responsive to insulin. "Fat cells are actually your friend," he says, "They're there to store lipids." When lipids stay inside the cells, your body can utilize the fat when you're exercising or sleeping or going about your day. "However, when fat cells start to become insulin resistant, the lipids start to **leach** out of the fat cells and rise in the bloodstream," Brady says.

【 387 words 】【 2013 年 5 月 】

New Words

workout	/'wɜ:kaut/	<i>n.</i>	锻炼, 训练
cell	/sel/	<i>n.</i>	细胞
inadequate	/ɪn'ædɪkwət/	<i>adj.</i>	不充足的
harmful	/'hɑ:mfl/	<i>adj.</i>	有害的, 造成伤害的
reduce	/rɪ'dju:s/	<i>v.</i>	降低; 减少
respond	/rɪ'spɒnd/	<i>v.</i>	回答, 回应
insulin	/'ɪnsjəlɪn/	<i>n.</i>	胰岛素

成人学士学位英语实用教程 3

decrease	/dɪ'kri:s/	v.	降低; 减少
response	/rɪ'spɒns/	n.	反应; 答复
diabetes	/ˌdaɪə'bi:tɪz/	n.	糖尿病
liver	/'lɪvə(r)/	n.	肝脏
evidence	/'eɪdəns/	n.	证据, 证明
intimate	/'ɪntɪmət/	adj.	亲密的, 密切的
maintain	/meɪn'teɪn/	v.	保持, 维持
select	/sɪ'lekt/	v.	选择, 挑选
persuade	/pə'sweɪd/	v.	说服, 劝服
volunteer	/ˌvɒləntɪə(r)/	n.	志愿者; 义务工作者
additional	/ə'dɪʃənl/	adj.	额外的; 附加的
sample	/'sɑ:mpl/	n.	样本, 样品
significantly	/sɪg'nɪfɪkəntli/	adv.	显著地; 相当数量地
responsive	/rɪ'spɒnsɪv/	adj.	反应迅速的; 回应的
store	/stɔ:(r)/	v.	贮存, 储藏
lipid	/'lɪpɪd/	n.	脂质; 油脂
utilize	/'ju:təlaɪz/	v.	利用, 使用
resistant	/rɪ'zɪstənt/	adj.	抵抗的; 有抵抗力的
leach	/li:tʃ/	v.	过滤, 萃取
bloodstream	/'blʌdstri:m/	n.	(体内循环的) 血流

Phrases & Expressions

get in the way of	妨碍, 阻碍
have an effect on	对……有影响; 对……起作用
respond to	对……作出反应; 回应
set the stage for	为……打好基础
on average	平均来说; 通常
take part in	积极参与
to be honest	说实话
go about (doing) sth.	处理; 从事
leach out	渗出

Proper Names

<i>The Annals of Internal Medicine</i>	《内科学年鉴》(医学杂志)
Center for Sleep and Wake Disorders	睡眠与觉醒障碍中心

Maryland
Centers for Disease Control and
Prevention
University of Chicago

马里兰州（位于美国东海岸中部）
疾病控制和预防中心
芝加哥大学

Notes

1. A new study published in *The Annals of Internal Medicine* (a medical journal) finds that inadequate shut-eye has a harmful effect on fat cells, reducing their ability to respond to insulin by about 30 percent.

发表在《内科学年鉴》（医学期刊）上的一项新研究发现，睡眠不足会对脂肪细胞产生有害影响，使它们对胰岛素的反应能力降低大约 30%。

本句的主干为：“A new study finds that...”，从属连词 that 引导宾语从句。过去分词短语 published in *The Annals of Internal Medicine* (a medical journal) 作后置定语，修饰名词 study。从句中的现在分词短语 reducing their ability to respond to insulin by about 30 percent 作伴随状语。

动词短语 have an effect on sth. 意为“对……有影响；对……起作用”。例如：

- 1) What you say or do will have an effect on others.
你所说或所做的每一件事都会对别人产生影响。
- 2) Does television have an effect on children's behavior?
电视对孩子的行为有影响吗？

动词短语 respond to sth. 意为“对……作出反应”。例如：

- 1) How did they respond to the news?
他们对这则消息有什么反应？
- 2) Dave didn't respond to any of her emails.
戴夫没有回复她的任何邮件。

2. Over the long term, this decreased response could set the stage for type-2 diabetes (a medical condition in which someone has too much sugar in his or her blood), fatty liver disease and weight gain.

长此以往，这种减弱的反应可能会引发 II 型糖尿病（一种血液中含糖量过高的病症）、脂肪肝和体重增加。

本句的主干为：“This response could set the stage.”。介词 for 引出三个并列名词 type-2 diabetes, fatty liver disease, weight gain 作宾语补足语，进一步阐述为哪些情况奠定基础。括号中内容为 type-2 diabetes 的同位语，起解释说明作用，其中 in which 引导定语从句，修饰先行词 a medical condition。

动词短语 set the stage for 意为“为……打好基础”。例如：

- 1) Our effective policy responses have helped to set the stage for recovery.
我们有效的应对政策已经为复苏奠定了基础。

- 2) This investment will set the stage for more budget battles in the future.
这项投资会为未来更多的预算之争留下隐患。

3. The study adds to a growing body of evidence that there's "an intimate relationship between the amount of sleep we get and our ability to maintain a good, healthy body weight".

这项研究在大量现有证据的基础上证明了“我们的睡眠时间与保持良好、健康体重的能力之间存在着密切的关系”。

本句的主干为：“The study adds to a body of evidence.”。其中，从属连词 that 引导的是同位语从句，解释说明 evidence 的具体内容。从句中 between...and... 连接两个名词短语，其中 the amount of sleep 后跟随的是定语从句 we get，而 our ability 后面为不定式短语作后置定语。

4. Matthew Brady of the University of Chicago and a group of colleagues selected and persuaded seven volunteers to take part in the research project.

芝加哥大学的马修·布拉第和同事们选拔并说服了 7 名志愿者参加这个研究项目。本句为简单句，谓语动词为 selected 和 persuaded。

动词短语 persuade sb. to do sth. 意为“说服某人去做某事”。此外，该短语还可表述为 persuade sb. into doing sth.。例如：

- 1) He persuaded his friend to join the club.
他说服了他的朋友加入俱乐部。
- 2) I persuaded my sister into trying the new restaurant.
我说服了我的妹妹去尝试那家新餐厅。

5. When lipids stay inside the cells, your body can utilize the fat when you're exercising or sleeping or going about your day.

当脂质留在细胞内时，无论你在锻炼还是睡觉或者进行日常活动，你的身体都可以利用这些脂肪。

本句为复合句，主句为：“Your body can utilize the fat.”；When lipids stay inside the cells 为时间状语从句；when you're exercising or sleeping or going about your day 为另一个时间状语从句，其中，exercising、sleeping 和 going 为并列谓语。

动词短语 go about (doing) sth. 意为“处理；从事”。例如：

- 1) She's always busy going about her daily tasks.
她总是忙于处理她的日常事务。
- 2) How should I go about finding a job?
我该如何着手找工作呢？

Reading Comprehension



I. Choose an appropriate answer to each of the following questions or unfinished statements.

- According to the passage, lack of sleep for a long while can probably lead to all of the following EXCEPT _____.
A. heart disease B. weight gain C. diabetes D. liver disease
- The main idea of Paragraph 3 is _____.
A. how to write a medical research paper
B. how to avoid sleep loss
C. how the research was conducted
D. how to conduct a medical experiment
- What does the word “leach” in Paragraph 4 probably mean?
A. Leap. B. Lead. C. Lean. D. Leak.
- Which of the following is NOT true according to the passage?
A. We will be in trouble if our fat cells become less responsive to insulin.
B. More and more studies are done on the link between sleep and weight.
C. More than 20 percent of Americans are not getting enough sleep.
D. Fat cells are there to help us maintain a good health.
- Which of the following is an appropriate title for this passage?
A. Poor Sleep May Lead to Too Much Stored Fat and Disease
B. Sleep Experts Had Exciting Findings in a Fat Study
C. Americans Should Have More than Six Hours of Sleep
D. Bad Things Happen If Fat Cells Become Our Friends

Words and Phrases

II. Choose the best answer to complete each sentence.

- The doctor tried to do an experiment to find out the _____ of the medicine on the mice. 【2010年10月】
A. cause B. result C. reason D. effect

【知识点】...finds that inadequate shut-eye has a harmful effect on fat cells...

2. Climate change will greatly _____ wheat and rice production if nations don't take steps now. 【2010年5月】

A. reduce B. leak C. lack D. fall

【知识点】...inadequate shut-eye has a harmful effect on fat cells, reducing their ability to respond to insulin...

3. Alice trusts you; only you can _____ her to give up the foolish idea. 【2007年4月】

A. suggest B. attract C. tempt D. persuade

【知识点】...a group of colleagues selected and persuaded seven volunteers to take part in the research project.

4. _____, the pay isn't attractive enough, though the job itself is quite interesting. 【2011 年 5 月】

A. Generally speaking B. To be honest
C. In particular D. On the contrary

【知识点】“I was very surprised to be honest,” he says.

5. We were very disappointed at the _____ to our advertisement, and our products didn't sell well. 【2007年4月】

A. replies B. response C. answers D. words

【知识点】...this decreased response could set the stage for type-2 diabetes...

Language in Use

III. Each of the following sentences has four underlined parts marked A, B, C, and D. Identify the mistaken one and correct it.

1. Inadequate shut-eye has a harmful effect on fat cells, reduce their ability to respond to insulin.
- A B C D

2. There's a relationship between the amount of sleep with our ability to
 A B C
 maintain a healthy body.
 D

- 3.** More than 1 in 5 of us is getting six or fewer hours of sleep per night,
A B C
in average.
D
- 4.** The fat cells responded significant to the loss of sleep.
A B C D
- 5.** Bad things can happen where fat cells become less responsive to insulin.
A B C D

IV. Read the passage carefully, choose the best answer from each group of the four choices and fill it in the corresponding blank.

I have a friend who put her career on hold after she got married and had children. She stayed at home until the oldest was four years old, 1) _____ she began doing part-time jobs to get out of the house. That wasn't enough, so she took a full-time job, which 2) _____ her to travel. She was making more money than her husband, even 3) _____ four years off the market. Her in-laws, who believe a woman's only function is housekeeping, 4) _____ to her husband with their negative opinions. Emotionally torn (受折磨的), he wanted to 5) _____ his wife but was conditioned by loyalty (忠实) to his parents' ideals. Naturally, his wife also felt 6) _____, eager to pursue her vision but emotionally invested in her husband and family.

I 7) _____ her to go with her vision, because it's her life. Too many women give up their career dreams to 8) _____ a relationship. That's traditional, but it can 9) _____ you crazy. And some dreams, if you don't pursue them in time, will pass you 10) _____. When you're finally free to go 11) _____ them, you've 12) _____ the window of opportunity. After further discussion, her husband went along, 13) _____ he valued the relationship as much as she did.

Conversely (相反地), a former student, whose husband felt 14) _____ by her earning more money than he did, ended her 15) _____ consulting practice and gave up a six-figure income. To 16) _____ conflict in her relationship, she abandoned her passion. Maybe she should have abandoned her husband's 17) _____ thinking and surrounded herself instead with people who believed in her.

A relationship must be mutually 18) _____, and any genuine relationship will adjust to change. When you recognize that a relationship is putting out

your fire, ask yourself 19) _____ you should gracefully go away and realize your dreams. Communicate how much your vision means to you, do it in a relationship-friendly 20) _____, and the people in your life will surprise you.

【2014年11月】

- | | | | |
|-------------------|---------------|------------------|----------------|
| 1. A. what | B. where | C. which | D. when |
| 2. A. requested | B. aroused | C. required | D. provided |
| 3. A. beside | B. after | C. beyond | D. before |
| 4. A. complained | B. governed | C. quarreled | D. sympathized |
| 5. A. separate | B. guarantee | C. support | D. oppose |
| 6. A. relieved | B. confirmed | C. resolved | D. conflicted |
| 7. A. objected | B. encouraged | C. perceived | D. released |
| 8. A. protect | B. destroy | C. provide | D. resemble |
| 9. A. do | B. drive | C. look | D. find |
| 10. A. in | B. out | C. by | D. off |
| 11. A. among | B. through | C. before | D. after |
| 12. A. missed | B. acquired | C. received | D. forgot |
| 13. A. although | B. while | C. because | D. however |
| 14. A. conquered | B. threatened | C. transformed | D. assured |
| 15. A. successful | B. thoughtful | C. revolutionary | D. primitive |
| 16. A. explore | B. defeat | C. approach | D. avoid |
| 17. A. enforced | B. limited | C. ventured | D. extended |
| 18. A. logical | B. successive | C. beneficial | D. synthetic |
| 19. A. whether | B. where | C. how | D. which |
| 20. A. path | B. route | C. road | D. way |



Part Two

Chinese Culture Appreciation

Chinese Diet Therapy

Chinese diet therapy has a long history and still enjoys popularity even today among the general public. As the old saying goes, people treat food as heaven, which suggests food is an essential thing for human life. In order to survive and eat healthily, people need to seek out the edibles and discover the effect of food in maintaining health and preventing illness.



Chinese diet therapy is part of the Chinese medicinal treasury. Because medicine and food share a common origin, Chinese medicine believes the property of food is the same as the property of drugs. The function of food is determined by the properties that include “the nature of food”, “the *qi* of food”, and “the taste of food”. The properties of food are determined by the “four *qi* and five flavors”.

Given that food is an essential material basis for activities, a reasonable diet is a guarantee for health. So the compatibility of food, which refers to the selective matching of two or more types of food, should be considered. When different **ingredients** are mixed in the proper proportions, one can enhance the effectiveness of food and its edibility; but if not properly mixed, there will be a harmful effect.

It is worth noting that Chinese diet therapy advocates the concept of dietary taboos. The generalized dietary taboo needs to take into account differences in age, gender, season and other aspects, combined with other theories to determine the taboos governing food compatibility. Diet taboo in a more narrow sense means “food

to be avoided while sick”. For example, a cold scoop of ice cream may sound like the perfect solution to soothe a sore throat, but milk-based foods might make your symptoms worse.

In order to have a healthy effect of health preservation from diet therapy, one also needs to develop good eating habits, including nutritional balance, diet segmentation, health care during eating and health preservation after meals.

From ancient to modern times, Chinese diet therapy has had a huge global influence, especially in some Asian countries. As Eastern and Western cultural exchange continues, the wonderful blossom of Chinese diet therapy will fully bloom around the world.

【 357 words 】

New Words

diet	/'daɪət/	<i>n.</i>	饮食
therapy	/'θerəpi/	<i>n.</i>	疗法, 治疗
popularity	/.pɒpjʊ'lærəti/	<i>n.</i>	流行, 普及
treat	/'tri:t/	<i>v.</i>	对待; 看待
heaven	/'hevn/	<i>n.</i>	天空; 天堂
essential	/'esɛnʃl/	<i>adj.</i>	必不可少的; 基本的
survive	/sə'vaɪv/	<i>v.</i>	生存, 幸存
edible	/'edəbl/	<i>n.</i>	食物
medicinal	/mə'dɪsɪnl/	<i>adj.</i>	药用的, 有疗效的
treasury	/'treʒəri/	<i>n.</i>	宝藏; 宝库
property	/'prɒpəti/	<i>n.</i>	特性, 性质
determine	/dɪ'tɜ:mɪn/	<i>v.</i>	决定, 控制
flavor	/'flɛvə(r)/	<i>n.</i>	风味; 滋味
guarantee	/'gærən'ti:/	<i>n. & v.</i>	保证, 担保
compatibility	/kəm.pə'tə'bɪləti/	<i>n.</i>	兼容性; 共存
selective	/sɪ'lektɪv/	<i>adj.</i>	选择性的, 有选择的
ingredient	/ɪn'ɡri:diənt/	<i>n.</i>	成分, 原料
proportion	/'prɒpɔ:ʃn/	<i>n.</i>	份额; 比例
enhance	/ɪn'hɑ:ns/	<i>v.</i>	提高, 改善
effectiveness	/'ɪfektɪvnəs/	<i>n.</i>	有效性, 效力
edibility	/edɪ'bɪləti/	<i>n.</i>	可食性; 适食性
advocate	/'ædvəkət/	<i>v.</i>	拥护, 提倡
dietary	/'daɪətəri/	<i>adj.</i>	饮食的

taboo	/tə'buː/	<i>n.</i>	禁忌, 忌讳
generalized	/'dʒenrəlaɪzd/	<i>adj.</i>	广义的; 普遍的
scoop	/skuːp/	<i>n.</i>	勺; 铲斗
soothe	/suːð/	<i>v.</i>	减轻, 缓和
sore	/sɔː(r)/	<i>adj.</i>	疼痛的, 酸痛的
throat	/θrəʊt/	<i>n.</i>	喉咙, 咽喉
symptom	/'sɪmptəm/	<i>n.</i>	症状; 迹象
preservation	./prezə'veɪʃn/	<i>n.</i>	保存, 维持
nutritional	/'njuːtrɪfənl/	<i>adj.</i>	营养的
segmentation	./segmen'teɪʃn/	<i>n.</i>	分割; 割断
blossom	/'blɒsəm/	<i>n.</i>	花簇; 开花
bloom	/bluːm/	<i>v.</i>	开花; 兴旺

Phrases & Expressions

treat...as	把……当作
seek out	搜寻, 找出
be determined by	由……决定; 取决于
given that...	考虑到, 鉴于
take...into account	考虑
combine with	与……结合
in a narrow sense	狭义上

Notes

1. As the old saying goes, people treat food as heaven, which suggests food is an essential thing for human life.

俗话说, 民以食为天, 这表明食物对人类生活来说是必不可少的。

本句的主干为: “People treat food as heaven.”。关系代词 which 引导的非限制性定语从句修饰前面的整个句子, which 作从句的主语, 从句的谓语动词 suggest 后面为宾语从句。

动词短语 treat...as 意为“把……当作”。例如:

- 1) We should treat solving this problem as an opportunity to improve.
我们应该把解决这个问题当作一个改进的机会。
- 2) I decided to treat his remark as a joke.
我决定把他的话当作玩笑。

2. Because medicine and food share a common origin, Chinese medicine believes the property of food is the same as the property of drugs.

由于药食同源，中医认为食物的属性与药物的属性相同。

本句的主干为：“Chinese medicine believes that...”，此处省略了从属连词 that，后面是宾语从句，而句首是连词 because 引导的原因状语从句。

形容词短语 the same as 意为“与……相同”，通常用于同类事物之间的比较。

例如：

- 1) I'd like one the same as yours.

我要一个和你一样的。

- 2) My new job is much the same as the old one.

我的新工作和以前的工作差不多。

3. The properties of food are determined by the “four *qi* and five flavors”.

食物的属性是由“四气五味”决定的。

句中的 four *qi* and five flavors 意为“四气五味”，是中医用来描述药物或食物的“性味”。其中四气即四性，包括寒、热、温、凉四种不同的性能；五味是指药物或食物有酸、苦、甘、辛、咸五种不同的味道。

动词短语 be determined by 意为“由……决定；取决于”。例如：

- 1) Their decision is determined by outside influence.

他们的决策会受到外部影响。

- 2) Physical characteristics are determined by genetic inheritance.

身体的特征取决于基因遗传。

4. The generalized dietary taboo needs to take into account differences in age, gender, season and other aspects, combined with other theories to determine the taboos governing food compatibility.

广义的饮食禁忌需要考虑年龄、性别、季节等方面的差异，并结合其他理论来确定食物搭配的禁忌。

本句的主干为：“The dietary taboo needs to take differences into account.”。介词短语 in age, gender, season and other aspects 作后置定语修饰 differences；过去分词短语 combined with other theories 作方式状语，表示与其他理论相结合；不定式短语 to determine the taboos governing food compatibility 作目的状语，其中现在分词短语 governing food compatibility 作后置定语修饰 taboos。

动词短语 take...into account 意为“考虑，顾及”。在此短语中，如果宾语成分过长，可将其置于 account 之后。例如：

- 1) There are factors we have to take into account.

有些因素我们必须要考虑。

- 2) We must also take into account the time factor in achieving our plans and actions.

在实施计划和开展行动时，我们必须将时间因素也考虑在内。

5. In order to have a healthy effect of health preservation from diet therapy, one also needs to develop good eating habits, including nutritional balance, diet segmentation, health care during eating and health preservation after meals.

要想通过食疗达到健康养生的效果，还需要养成良好的饮食习惯，包括营养均衡、合理膳食、食中保健、饭后养生等。

本句的主干为：“One needs to develop good eating habits.”。介词短语 in order to 引导目的状语，表明主句的目的是从食疗中获得健康的养生效果；介词 including 后接四个并列的名词短语作后置定语修饰 good eating habits。

Reading Comprehension

I. Choose an appropriate answer to each of the following questions or unfinished statements.

- Why does Chinese diet therapy enjoy wide popularity, according to the author?
 - Because it has a long history among the general public.
 - Because it is part of the Chinese medicinal treasury.
 - Because people want to live and eat healthily.
 - Because medicine and food have a common origin.
- According to the passage, the function of food is decided by the following properties EXCEPT _____.

A. the type of food	B. the nature of food
C. the <i>qi</i> of food	D. the taste of food
- The word “ingredients” in Paragraph 3 is closest in meaning to _____.

A. aspects	B. elements	C. theories	D. proportions
------------	-------------	-------------	----------------
- Which of the following should be considered as a dietary taboo, according to the passage?
 - To selectively combine two or more foods.
 - To improve the quality of food while sick.
 - To get something cool to eat when you are sick.
 - To eat ice cream when you have a sore throat.

5. What can be inferred from the passage about Chinese diet therapy?
- A. The matching of different types of food can improve its edibility.
B. The compatibility of food is determined by the dietary taboos.
C. Having a balanced diet will help achieve a better healthy effect.
D. Walking a mile after meals is a healthy eating habit.

Words and Phrases

II. Choose the best answer to complete each sentence.

1. Food and shelter are _____ for human beings. 【2021 年 5 月】
A. special B. especial C. essential D. exceptional
【知识点】...food is an essential thing for human life.
2. I _____ the boy to save money, but he wouldn't listen. 【2008 年 4 月】
A. hoped B. wanted C. suggested D. made
【知识点】...people treat food as heaven, which suggests food is an essential thing for human life.
3. The American and the British _____ a large number of social customs. 【2017 年 5 月】
A. join B. take C. make D. share
【知识点】...medicine and food share a common origin...
4. When I mention the problem, I'm not _____ all of you. 【2007 年 11 月】
A. talking about B. referring to C. listening to D. carrying out
【知识点】...the compatibility of food, which refers to the selective matching of two or more types of food...
5. One of the best ways for people to keep fit is to _____ healthy eating habits. 【2009 年 11 月】
A. develop B. grow C. increase D. raise
【知识点】...one also needs to develop good eating habits...

Language in Use

III. Translate the following sentences into Chinese.

1. There's no doubt that holidays are great for our overall well-being.

2. Extra hours do not necessarily lead to higher productivity.

3. But Americans don't seem to be getting the message that we need seven to nine hours per night.

4. Brady explains that the fat cells responded significantly to the loss of sleep.

5. It is worth noting that Chinese diet therapy advocates the concept of dietary taboos.

IV. Translate the following sentences into English. 【2023 年 11 月】

1. 你明天上午最好早点去学校。

2. 那位老人不太关心自己的健康。

3. 你越努力，取得的进步就越大。

4. 如果有问题，请及时联系我。

5. 你打算什么时候让人检查这台机器？

V. Translate the following paragraph into English.

养生 (health preservation), 即养护生命, 保持身心健康。在饮食方面, 中国人讲究“药食同源”, 认为食物不仅能填饱肚子, 还能滋养身体, 比如红枣和绿茶, 都是天然的健康食品。在运动方面, 养生以太极为代表, 通过柔和的动作和呼吸调节, 帮助人们提升身体的活力 (vitality) 和平衡。此外, 情绪管理也是养生的一部分, 可以帮助人们保持心态 (mindset) 平和。



Part Three Grammar

连词 (Conjunction)

连词是一种虚词，主要用于连接两个或多个词、短语、从句或句子，使语言表达更加连贯、清晰。连词不能独立充当句子成分，通常表示其所连接成分间的多种逻辑关系。一般来讲，连词大致分为两类：并列连词和从属连词。



一、并列连词

并列连词将语法地位相同的单词、短语或从句连在一起，表示并列、选择、转折、因果等关系。

表示并列关系：and、both...and...、not only...but also...、neither...nor...等。
例如：

- 1) She enjoys reading and writing.
她喜欢阅读和写作。
- 2) Both Tom and Jerry like playing football.
汤姆和杰瑞都喜欢踢足球。

表示选择关系：or、either...or...等。例如：

- 1) You can take the bus or walk to school.
你可以坐公交车或者步行去学校。
- 2) You either come in or stay outside.
你要么进来，要么待在外面。

表示转折关系: but、yet、while 等。例如:

- 1) He is rich but not happy.
他很富有但不快乐。
- 2) She is tired yet she still keeps working.
她很累, 但她仍然继续工作。
- 3) He enjoys reading books, while his brother prefers watching movies.
他喜欢读书, 而他的弟弟更喜欢看电影。

表示因果关系: for、so 等。例如:

- 1) She was tired, so she went to bed early.
她累了, 所以很早就上床睡觉了。
- 2) I don't like physics, for it is difficult.
我不喜欢物理, 因为它很难。

二、从属连词

从属连词通常用于引导名词性从句或状语从句, 表示让步、递进、条件、原因、目的等关系。

引导名词性从句: that、whether/if 等。例如:

- 1) That you don't like him is none of my business.
你不喜欢他, 这不关我的事。
- 2) Whether you can pass the exam depends on how hard you work.
你能否通过考试取决于你有多努力。

引导时间状语从句: when、while、as、before、after、since、once、until 等。
例如:

- 1) When I arrived home, it was raining.
当我到家时, 正在下雨。
- 2) As I was walking to school, I met my friend.
我走路去学校的时候, 遇到了我的朋友。
- 3) The big fire lasted as long as 24 hours before it was brought under control.
这场大火持续了 24 小时才被控制住。

引导原因状语从句: because、since、as 等。例如:

- 1) I didn't go to school because I was sick.
我没去上学, 因为我生病了。
- 2) Since you are here, you can help me.
既然你在这儿, 你可以帮我。

引导条件状语从句: if、unless、or、as long as 等。例如:

- 1) If it rains tomorrow, we will stay at home.
如果明天下雨, 我们就待在家里。
- 2) Unless you study hard, you will fail the exam.
除非你努力学习, 否则你会考试不及格。
- 3) Hurry up, or you'll be late.
快点儿, 不然你就迟到了。

引导让步状语从句: though/although、even though/even if、while 等。例如:

- 1) Although it was raining, they still went out.
虽然在下雨, 但他们还是出去了。
- 2) Even if he is tired, he will finish the work.
即使他很累, 他也会完成工作。
- 3) While I accept that the plan is not perfect, I do actually like it.
虽然我承认这个计划并不完美, 但我确实喜欢它。

引导目的状语从句: so that、in order that 等。例如:

- 1) He studies hard so that he can get good grades.
他努力学习以便能取得好成绩。
- 2) We all get up early in order that we can set out at seven.
我们都早点起床, 以便我们可以七点钟出发。

引导结果状语从句: so...that...、such...that...等。例如:

- 1) He is so tired that he can't walk any more.
他太累了, 再也走不动了。
- 2) It is such a beautiful day that we decide to go on a picnic.
天气这么好, 我们决定去野餐。

引导方式状语从句: as、as if、as though 等。例如:

- 1) She enjoys all kinds of music, as I do.
她喜爱各种音乐, 和我一样。
- 2) They looked at me as if /as though I were mad.
他们看着我好像我疯了似的。

三、连词的注意事项

并列连词连接的成分在语法上要保持一致。例如:

- 1) He likes reading and writing. (连接两个动名词)
他喜欢读书和写作。
- 2) She is beautiful and kind. (连接两个形容词)
她既漂亮又善良。

从属连词引导的从句要根据不同的连词使用正确的时态和语序。

- 1) When he comes back, I will tell him the news. (时间状语从句, 主句将来时, 从句一般现在时)
当他回来时, 我会告诉他这个消息。
- 2) I don't know if he will come tomorrow. (宾语从句, 使用陈述句语序)
我不知道他明天是否会来。

一些连词在不同的语境中有不同的含义。

- 1) As can be seen from the picture, the environment has been polluted. (as 引导定语从句)
从图中可以看出, 环境被污染了。
- 2) As I was leaving, the phone rang. (as 引导时间状语从句)
我刚要离开, 电话响了。

no matter 后面常接疑问词 what、who、where、when、how 等, 表示让步关系, 强调无论在何种条件下, 主句中的动作或状态都是成立的。例如:

- 1) No matter what you say, I won't change my mind. (no matter what = whatever)
无论你说什么, 我都不会改变主意。

- 2) No matter how difficult the task is, she will find a way to complete it.
(no matter how = however)

无论任务有多难，她都会找到完成的方法。

真题操练

I. Choose the best answer to make each sentence right in grammar.

1. _____ he walked, he looked carefully at the ice in front of him. 【2019年5月】
A. If B. As C. Since D. Whether
2. The police officers in our city work hard _____ the rest of us can live a safe life. 【2019年5月】
A. in case B. as if C. in order that D. only if
3. _____ it is very late now, the researchers are still working in the lab. 【2018年5月】
A. As B. When C. If D. Although
4. I can't finish the work in time _____ you help me translate the texts. 【2016年11月】
A. unless B. if C. where D. but
5. _____ she likes the present is not clear to me. 【2015年11月】
A. If B. What C. Which D. Whether
6. It's such a difficult problem _____ no one can work it out. 【2014年5月】
A. as B. that C. so D. thus
7. His children are well-behaved, _____ those of his sister's are very naughty. 【2011年5月】
A. and B. so C. thus D. while
8. _____ I admit that she has shortcomings, I still like her. 【2014年5月】
A. When B. As C. While D. Once
9. George applied for the position three times _____ he finally got it. 【2018年11月】
A. before B. until C. when D. after

- 10.** Rabbits are quiet animals, _____ they are able to make 20 different sounds. 【2009年11月】
A. how B. in spite of C. because of D. even though
- 11.** _____, I have to put it away and focus my attention on study this week. 【2008年11月】
A. However the story is amusing B. No matter amusing the story is
C. However amusing the story is D. No matter how the story is amusing
- 12.** Skating can be good for you _____ correctly. 【2010年11月】
A. though doing B. though done C. if doing D. if done
- 13.** You have failed two tests. You'd better start working harder, _____ you won't pass the course. 【2011年5月】
A. and B. but C. or D. so
- 14.** You can, _____ the sky is clear, see as far as the old temple on top of the mountain, but not today. 【2009年4月】
A. when B. where C. though D. because
- 15.** Generally, snakes won't attack humans _____ they are threatened with danger. 【2018年5月】
A. if B. since C. unless D. while

II. Each of the following sentences has four underlined parts marked A, B, C, and D. Identify the mistaken one and correct it.

1. Just alike each culture has a different spoken language, so each culture
A B C
has a different body language. 【2021 年 5 月】
D
2. He knows little of biology, and still more of physics. 【2020 年 11 月】
A B C D
3. People do not realize the importance of good health since they have lost
A B C
it. 【2019 年 11 月】
D

4. Although Jim has lived in Beijing for five years, but he doesn't speak Chinese well. 【2016年11月】
A B C D
5. It is very important for the strong man to know that whatever strong he is, he cannot be the strongest. 【2015年11月】
A B C D
6. He was seriously ill for days, and now he looks strong and healthy. 【2016年11月】
A B C D
7. No matter whenever I have to give a speech, I get extremely nervous before I start. 【2014年5月】
A B C D
8. I must work hard, however I'll fail in the exam. 【2011年11月】
A B C D
9. Get to the top of the hill, but you will see the whole city. 【2013年5月】
A B C D
10. Despite they are small, the horses are strong and have great energy. 【2003年4月】
A B C D